



Heritage Center



A recreation center funded and operated by Murray City dedicated to enhancing the quality of life for adults age 55+

Heritage Center
#10 East 6150 South
Murray, UT 84107
801-264-2635
heritage@murray.utah.gov
www.murray.utah.gov
Director: Tricia Cooke



Spring is finally here and hopefully warmer weather will follow. So many changes have occurred in the last few months. Calli moved on to cook for Catholic Community Services. We have hired Scott Harris as our new chef; he is doing a wonderful job. Please stop by and say "hi" to him. Our Alzheimer's Symposium was a smashing success with 98 participants. We are looking forward to running a new symposium next spring. Our Reader's Theater performance of "Ann Lander's Toilet Paper Toiles" was held on Friday, April 14. We have a great group of seniors in the troupe and we are very proud of their hard work. With spring here (finally) we want to remind you to take advantage of our patio offerings here at the Center. Chairs and shade covers will be up soon and summer brunches will commence on Monday, June 19. Come and have fun!

Thanks,
Tricia

UPcoming EVENTS

Summer Family Concerts 2nd Mondays at 7:00 pm

Monday, June 12
North Front Sound
Barbershop Chorus

Monday, July 10
In Cahoots
Cowboy Tunes

Monday, August 14
Idlewild
Celtic

Monday, September 11
The Beehives
Vocal Jazz

FREE FOR ALL AGES Heritage Center Backyard Plaza

doors open
at 6:00 pm

Mother's Day High Tea

The annual Mother's Day High Tea will be held on **Monday, May 8** from **11:30-1:00**. The cost is **\$8** per person or **\$64** for an entire table. Tickets go on sale starting Friday, April 21 and seating is limited. Choose where you would like to sit for this "family" style event.

Plates of food will be served at your table and include bite-size tastes of Open-Faced Cucumber Sandwiches, Chicken Salad Sandwiches, Stuffed Mushrooms, Spinach Artichoke Phyllo Cups, Chocolate Strawberries, Crème Brûlée Tarts, Lady Fingers, Lemon Bars, and a variety of teas to sample.



CAR SHOW & BARBEQUE & FREE CONCERT

Come join us as we celebrate summer and all the traditions that go with it. Bring the entire family on **Monday, June 12** from **4:00-7:00** and visit our annual **car show**. If you have a car you would like to display, applications are being accepted now. The fee is **\$10** for registrations made before June 9 or **\$15** the day of the car show. There will be raffles and prizes. The show is open to the public at no charge.

Then head to the Heritage Center's Backyard Plaza where a tasty **barbeque** of hamburgers and hot dogs awaits. Cost will be **\$5** a plate payable the night of the dinner. Eat anytime between **5:00** and **7:00**.

At **7:00** enjoy the music of **North Front Sound**. This barbershop chorus has grown to nearly 30 members hailing from South Jordan to Logan and they perform barbershop classics, gospel arrangements, irreverent parodies, lilting ballads, and rollicking up-tempo tunes, delivered with a mixture of modern pizzazz and old-fashioned corniness.



Staff Information

Murray City Administration

Mayor: Ted Eyre

Public Services Director: Doug Hill

City Council:

Dave Nicponski, District #1

Blair Camp, District #2

Jim Brass, District #3

Diane Turner, District #4

Brett Hales, District #5

Heritage Center Staff

Director — Tricia Cooke

Program Coordinators — Maureen

Gallagher and Wayne Oberg

Secretary — April Callaway

Receptionist — Miranda Carter

Ceramics — Cindy Mangone

Meals Supervisor — Scott Harris

Meals Assistant — Chris Miller

Dishwasher — Annie Gardner

Custodian — Don Smith

Vehicle Volunteer Drivers — Jerry

Budd, Chuck Dillard, Sonny Jckowski

Building Attendant — Pete Wright

Heritage Center Advisory Board

Erich Mille (Chair), Judy Baxendale,

Brenda Clausen, Donna Gaydon,

Connie Gardner, Ed Houston, Jenny

Martin, Pete Wright, Rod Young

Online Registration

Did you know that you can register for some of the Heritage Center programs and activities online? It's an easy process that can be completed when you create an account at **mcereg.com**—all you need is an email address. Go to **mcereg.com** and select "**New Account.**" Once you have created your log-in and password you can choose your activities for registration and pay using a credit card. You will notice that some activities will say "register in person"—simply stop in or call 801-264-2635 to register.

Miscellaneous Information

This **newsletter** is produced monthly by the Heritage Center staff and is available to Center participants. It is emailed each month to those who have a current participant account and have provided an email address. It is also available for pick-up at the Center, online at www.murray.utah.gov, or mailed to your home for a \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the Center and the suggested donation is \$1 per issue.

The Center accepts **all major credit cards** for activity payments. Credit cards may be used to make reservations for classes and activities over the phone or in person. All charges made will show from "Murray City Parks" on your credit card statement.

Inquire at the Front Desk about **gift certificates** for programs.

Inquire at the front desk if you need **special accommodations** to participate in activities at the Center. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

The Heritage Center assumes no liability nor takes any responsibility for the products and/or services offered through the newsletter as advertising or classified ads. In addition, copy accepted for publication does not involve or imply endorsement on the part of the Heritage Center.

Scholarship Program

In an effort to enable senior adults access to center programs, activities, and meals at the Heritage Center, regardless of their ability to pay for services, a Heritage Center Scholarship program is available.

The scholarship provides up to \$70 per month to an individual to help pay for Center activities. The program is made possible by participant donations. In order to be eligible you must prove a financial need and meet certain criteria. The current income cap is \$16,038/year for an individual. Applications are available at the front desk or see the Center Director.



Pick up your 20% senior discount punch card at the front desk for any Chuck-A-Rama restaurant. The cost is \$1 and Chuck-A-Rama gives the Center the proceeds from sale of the cards.



Every time you swipe your rewards card at Smith's, the Heritage Center will earn money through **Smith's Community Rewards Program**, but only **IF** you link your rewards card to us. To enroll, go to **smithsfoodanddrug.com** and register the Heritage Center as your favorite charity. You need a rewards card and email address to make this happen. Instruction sheets are available at the front desk.

Pickleball Clinic

Mike Nielsen, local ambassador for the USA Pickleball Association, will be directing a **free** Pickleball Clinic on **Thursday, May 4** from **9:00-11:00**.



Pickleball is sweeping the nation in popularity and Mike will give you tips on learning how to play the game and improve your game. The clinic will be held on the outdoor Pickleball courts in the Center's backyard.

Living Well with Chronic Conditions

The Heritage Center and Salt Lake County Aging Services are offering Living Well with Chronic Conditions on **Tuesday, May 16** through **Tuesday, June 20** from **10:00-12:30**.

Do you want to decrease your pain, decrease your doctor visits, and enjoy life more? The workshops are 2½ hours, every **Tuesday** for 6 weeks. Anyone with an ongoing condition can come. Chronic conditions include asthma, arthritis, chronic joint pain, fibromyalgia, cancer, diabetes, kidney disease, high blood pressure, high cholesterol, heart failure, COPD or emphysema, depression, or others. Two trained leaders, one or both with a chronic disease conduct workshops themselves.

This is a **free** class.

Register now.

Subjects covered include:

- ♦ Techniques for frustration, fatigue, pain and isolation
- ♦ Appropriate exercise to maintain and improve strength
- ♦ Appropriate use of medications
- ♦ Good nutrition
- ♦ Communicating effectively with family, friends, and health professionals
- ♦ How to evaluate new treatments



CUSTODIAN'S



When using our restrooms, please ensure the entire roll of toilet paper has been used before moving the door to access a new roll. The door will not slide if there is any toilet paper remaining on the roll. We have had to replace a lot of broken doors.

Watercolors

John Fackrell will continue his six-week watercolor class from **9:00-12:00** through **Monday, May 22**.

A new six-week class will begin on **Monday, August 7**. Details will be listed in our July Newsletter.

Beginning Watercolors

John and Joan Fackrell will continue their six-week beginning watercolor class from **1:00-3:30** through **Monday, June 5**.

A new six-week class will begin on **Monday, August 7**. Details will be listed in our July Newsletter.

Wednesday Painting

The last eight-week session began **Wednesday, March 15** and will run through **Wednesday, May 10** from **9:00** to **12:00**.

A new eight-week session begins **Wednesday, May 17** and will run through **Wednesday, July 5**. Registration begins Tuesday, April 25.

The cost is **\$40** and payment is needed in advance. Teri Wood-Elegante is the instructor, and she will help you in either oil or watercolor.

Oprah's Advice for a Contented Life from Parade Magazine

Put Down the Phone "You cannot be in a conversation while holding your phone, waiting for the next ping or text."

Keep a Gratitude Journal "Gratitude is the foundation of happiness. So if you want to start being happy, get grateful first."

Watch Your Language "I don't use the word 'old,' because the language you give yourself often starts to define the way you see or think of yourself. I use the word 'maturing.' I use the words 'growing with age,' 'evolve' and 'evolving.'"

Stay Balanced "And that is in all areas of your life. It's balance and flexibility emotionally, spiritually and physically."

Find Your Happy Place "I look no further than my own backyard. I have a spectacular backyard, filled with lots of trees, and I get to look at the ocean every day. It's a real comfort and joy for me. I'm a homebody, for sure. And nothing give me greater pleasure than a walk in the woods with my dogs."

Shredding Day

Shredding Day is back! Salt Lake County Aging Services will offer **free** document shredding at the Center on **Monday, May 8** from **10:00-1:00**.



Approved Items: All paper products, staples and paper clips, file folders, checks and checkbooks. Non-Approved Items: black binder clips, large metal pieces, carbon paper, cardboard, electronics, and plastic.

Reverse Mortgage Facts

We all hear about reverse mortgages, but what are the facts? Reverse mortgages are not for everyone. Hailey and Oomee from Greystone Mortgage will be at the Center on **Tuesday, May 16** at **12:30** to give us the facts about reverse mortgages. **This is a free class.**

Register now.

Vital Aging

On **Tuesday, May 23** at **10:30**, we will present a new wellness class called **Pathways to Cope with Grief and Loss**. A person's unique response to losses in life are influenced by cultural beliefs, family, personality, and other life stressors. In this class, we will have the opportunity to share, and then process thoughts and feelings related to loss. We will learn new ways to re-adjust, re-invest in life and relationships while remembering and honoring the loss. **This is a free class.**

Register now.

Tifani from the Vital Aging Project will be available at 10:00 prior to the 10:30 class if anyone would like to visit with her regarding any personal problems or issues you may be having in your life.

Genealogy Class

A new Intermediate Genealogy class will be offered on **Wednesdays** at **12:30-1:30** beginning on **Wednesday, June 7** and going until **Wednesday, July 5**.

Glen Sisam, who has over 30 years of experience in the genealogy field, will be the lead instructor. He will help you to learn and understand additional topics in family history research. **This is a free class.** Register now.

Computer Help

The computer lab has six personal computers running Microsoft Windows 8 and 10. Computers are available any time a group class is not being held. The Center also has an iPad available for use while at the Center if you would like to try out a tablet. There is no charge to use the computers, but users must sign in and list the computer they are using. Any printing costs 5¢ per page (pay at the front desk or in the cash box in the computer room).



Individual one-hour computer help is available with:

Bob on **Tuesday** at **1:00, 2:00, or 3:00**

Katy on **Thursday** at **2:00 or 3:00** (device help)

Registration and payment of \$3 is needed in advance.

Our instructor is unable to assist with hardware questions or problems related to equipment at home. If possible, please bring your own laptop for personalized assistance.

Ceramics

The ceramics class runs on **Tuesday** and **Thursday** from **8:30-12:00** and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, provides help for students of all experience levels. The cost to participate is **\$1.50** each class plus cost of supplies.

Crafts

A small group of crafters meet on **Tuesday** from **12:45-4:00** to share their skills, knowledge, and socialize. Newcomers are welcome. Bring your ideas and projects to share.

Crafting with Susan

Please join us on **Tuesday, May 9** at **2:00**, when we will make a Liberty Bell door hanger. See the sample in the lobby display case. The cost is **\$5** and all supplies are included. Register now for this class. You will be able to finish the project and take it home the day of the class. This class is the second Tuesday of each month.



Haircuts

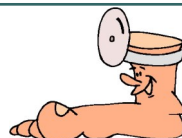


The Center offers haircuts for men and women on **Wednesdays** from **9:00 to 11:30**. Haircuts cost **\$9**. Hair washing is an additional **\$4**. The wash is paid for the day of your cut. The barber is Jocelyn Anderson.

Appointments are every 15 minutes, starting at 9:00 and payment is required at time of scheduling. Cancellations need to be made 24 hours in advance for a refund.

Toenail Clipping

Dr. Scott Shelton, a local Podiatrist, will be at the Center on **Monday, June 26** from **9:30-12:00** to provide toenail clippings and routine foot screenings. The cost is **\$10** and payment is required at time of scheduling. *The doctor is unable to provide services for people who are diabetic or on anti-clotting agents such as Coumadin.* This service is offered **every other month**.



Massage

Sue Corder, a Nationally Certified and Utah State Licensed massage therapist, provides massage therapy on **Fridays** from **11:45-3:45**. Cost is **\$18** for a half-hour or **\$36** for an hour. Payment is required at time of scheduling.

AARP Smart Driving Class



The AARP Smart Driving Class will be held **Tuesday, May 23** from **9:30-2:30**. Sign up now at the front desk. The cost is **\$15** for AARP members and **\$20** for everyone else. *The instructor will collect the fee at the start of the class. Make checks out to AARP and pay the day of class. They do not take credit cards.* Bring your AARP membership card and valid driver's license. Check with your auto insurance company about a possible insurance discount for attending this class.

This class is the fourth Tuesday each month.

Blood Testing

Blood testing is scheduled for **Wednesday, May 31** from **9:00-11:00**. The cost is **\$22** for a **Lipid Profile and Hemoglobin A1C**. Break-down: Lipid Profile \$15, Hemoglobin A1C \$7. Fasting is required for Lipid Profile. Appointments are needed and payment is made to IHC the day of the test. Results are mailed to your home in approximately 2 weeks. This service is sponsored by IHC Laboratories. *Registration begins Monday, May 1.*



Attorney Consultation

An attorney is available for **free 20-minute** legal consultations the **second Tuesday** each month. He will be here on **Tuesday, May 9** from **1:30-3:30**. Advance appointments are required. Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or attempt to refer you to other sources of help, but they will not attempt to solicit your business.

Blood Pressure

Thank you to Rite Aid for providing free blood pressure screenings on **Thursday, May 4** from **11:00-12:00**. This service is offered the **first Thursday** of each month. Just walk in!

Medicare Counseling

Need help with Medicare or supplement issues? Sign up now for individualized help on **Tuesday, May 16** at **12:00-2:00**. Bring documents related to your questions and a volunteer from Salt Lake County Aging and Adult Services Senior Health Insurance Program (SHIP) will help you. A volunteer from SHIP comes the **third Tuesday** each month. Advance appointments are required.

Transportation

Transportation to and from the Center is available for Murray residents on **Wednesdays**. The cost is **\$2** for a round-trip ride. Pick up is between **10:00-10:45** and the return home ride is around **2:30** after bingo. If you need a ride, call at least one day in advance.

Heritage Center



We are here to serve you

Monday — Friday

8:00am - 4:30pm

Thursday

8:00am - 10:00pm

Saturday/Sunday

Closed

#10 East 6150 South

(West of State Street)

801-264-2635

www.murray.utah.gov

heritage@murray.utah.gov

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Monday			Tuesday		
9:00	NIA	1	8:30	Ceramics	2
9:00	Watercolors		9:00	Stretch & Tone	
10:15	Pickleball		9:30	Line Dancing	
10:30	Meditation		10:30	Tai Chi	
11:00	Bridge Lessons		11:00	Canasta	
12:30	Exercise Help		11:30	Lunch	
1:00	Movie: A New Hope		12:30	Tulip Festival	
1:00	Beginning Watercolors		12:45	Crafts	
2:00	Strength Conditioning		1:00	Computer Help	
	<i>Fee for Tuacahn due today by 4:00 pm!!</i>		2:00	Beginning Line Dancing	
8:30	Golf: Valley View	8	8:30	Ceramics	9
9:00	NIA / Watercolors		9:00	Stretch & Tone	
10:00	Shredding Day		9:30	Line Dancing	
10:15	Pickleball <i>(outside only)</i>		10:00	BRUNCH CAFÉ (No Lunch)	
10:30	Meditation		10:30	Tai Chi	
11:00	Bridge Lessons		11:00	Canasta	
11:30	MOTHER'S DAY HIGH TEA		12:45	Crafts	
12:30	Exercise Help		1:00	Computer Help	
1:00	Movie: The Empire Strikes Back		1:30	Attorney Consultation	
1:00	Beginning Watercolors		2:00	Beginning Line Dancing	
2:00	Strength Conditioning		2:00	Crafting with Susan	
9:00	NIA / Watercolors	15	8:30	Ceramics	16
10:15	Pickleball		9:00	Stretch & Tone	
10:30	Meditation		9:30	Line Dancing	
11:00	Bridge Lessons		10:00	Living Well	
12:30	Exercise Help		10:30	Tai Chi	
1:00	Movie: Return of the Jedi		11:00	Canasta	
1:00	Beginning Watercolors		11:30	Lunch	
2:00	Strength Conditioning		12:00	Medicare Counseling	
			12:30	Reverse Mortgage	
			12:45	Crafts	
			1:00	Computer Help	
8:30	Golf: The Ridge	22	8:30	Ceramics	23
9:00	NIA / Watercolors		9:00	Stretch & Tone	
10:15	Pickleball		9:30	AARP Driver Safety	
10:30	Meditation		9:30	Line Dancing	
11:00	Bridge Lessons		10:00	Living Well / Golden Spike	
12:30	Exercise Help		10:30	Vital Aging / Tai Chi	
1:00	Movie: The Force Awakens		11:00	Canasta	
1:00	Beginning Watercolors		11:30	Lunch	
2:00	Strength Conditioning		12:45	Crafts	
			1:00	Computer Help	
			2:00	Beginning Line Dancing	
		29	8:30	Ceramics	30
			9:00	Stretch & Tone	
			9:30	Line Dancing	
			10:00	Living Well	
			10:30	Tai Chi	
			11:00	Canasta	
			11:30	Lunch	
			12:45	Crafts	
			1:00	Computer Help	
			2:00	Beginning Line Dancing	



Center is Closed

Wednesday			Thursday			Friday		
9:00	Painting	3	8:00	Pickleball Instruction	4	9:00	Zumba	5
9:00	Haircuts		8:30	Ceramics		10:00	Yoga	
9:15	Pinochle		9:00	Stretch & Tone		11:15	Chair Aerobics	
10:00	Yoga		9:00	Pickleball Clinic (Outside)		11:30	Lunch	
10:00	Transportation		10:30	Tai Chi		11:45	Massage	
11:15	Chair Aerobics		11:00	Blood Pressure		12:30	Exercise Help	
11:30	Birthday Wed. Lunch		11:30	Lunch		12:45	Bingo	
12:45	Bingo		12:45	Happy Hatters		1:00	Bridge	
1:00	Bridge		2:00	Computer Help				
			2:00	Strength Conditioning				
			7:00	Dance				
9:00	Painting	10	8:00	Pickleball Instruction	11	9:00	Zumba	12
9:00	Haircuts		8:30	Wendover		10:00	Yoga	
9:15	Pinochle		8:30	Ceramics		11:15	Chair Aerobics	
10:00	Yoga		9:00	Stretch & Tone		11:30	Lunch	
10:00	Transportation		9:00	Pickleball		11:45	Massage	
11:15	Chair Aerobics		10:30	Tai Chi		12:30	Exercise Help	
11:30	Lunch		11:30	Lunch		12:45	Bingo	
12:45	Bingo		2:00	Computer Help		1:00	Bridge	
1:00	Bridge		2:00	Strength Conditioning				
			7:00	Dance				
9:00	Painting	17	8:00	Pickleball Instruction	18	9:00	Zumba	19
9:00	Haircuts		8:30	Ceramics		10:00	Yoga	
9:15	Pinochle		9:00	Stretch & Tone		11:15	Chair Aerobics	
10:00	Yoga		9:00	Pickleball		11:30	Lunch	
10:00	Transportation		10:30	Tai Chi		11:45	Massage	
11:15	Chair Aerobics		11:30	Mining Museum		12:30	Exercise Help	
11:30	Lunch		11:30	Lunch		12:45	Bingo	
12:45	Bingo		12:45	Happy Hatters		1:00	Bridge	
1:00	Bridge		2:00	Computer Help				
			2:00	Strength Conditioning				
			7:00	Dance				
9:00	Painting	24	8:00	Pickleball Instruction	25	9:00	Zumba	26
9:00	Haircuts		8:30	Ceramics		10:00	Yoga	
9:15	Pinochle		9:00	Stretch & Tone		11:15	Chair Aerobics	
10:00	Yoga		9:00	Pickleball		11:30	Lunch	
10:00	Transportation		10:30	Tai Chi		11:45	Massage	
11:15	Chair Aerobics		11:30	Lunch		12:30	Exercise Help	
11:30	Lunch		2:00	Computer Help		12:45	Bingo	
12:45	Bingo		2:00	Strength Conditioning		1:00	Bridge	
1:00	Bridge		7:00	Dance				
9:00	Painting / NO Haircuts	31	<div> <div>24th ANNUAL</div> <div>NATIONAL SENIOR HEALTH & FITNESS DAY</div> </div> <div> National Senior Health and Fitness Day With Movement ... There's Improvement! Brain Saver's Summit Wednesday, May 31 11:30-4:00 Free West Jordan's Viridian Event Center 8030 South 1825 West </div>					
9:00	Blood Testing							
9:15	Pinochle							
10:00	Yoga							
10:00	Transportation							
11:15	Chair Aerobics							
11:30	BRAIN SAVER'S SUMMIT							
11:30	Lunch							
12:45	Bingo							
1:00	Bridge							



FREE transportation
available from the Herit-
age Center to the Viridian.
Ask at the Front Desk for
more details.

Billiards Room

Pool tables, indoor shuffleboard, and table tennis are available for your recreational enjoyment during the Center's hours of operation. This equipment is located in the billiards room at the east end of the building.

Bingo

Bingo is played every **Wednesday** and **Friday** at **12:45**. Bingo is free, although donations are appreciated. Winners receive a \$5 gift certificate to Fresh Market or Village Inn Restaurant. A special *Thank You* to Village Inn for donating a pie each week for the elimination game and Jenkins-Soffe for sponsoring Bingo on the first Friday of each month. In order to offer the same quality prizes and games of Bingo, we are suggesting the following donation amounts: **\$1** for 1-3 cards played, **\$2** for 4-6 cards played.



Cards

Bridge—Monday at 11:00, Wednesday and Friday at 1:00

Informal Bridge lessons (Chicago/Party) are held on Monday at 11:00 and bridge play on Wednesday and Friday afternoons from 1:00-4:00. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three-handed bridge will be played, if needed.



Canasta—Tuesday at 11:00

Canasta is played on Tuesday from 11:00 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

Pinochle—Wednesday at 9:15

Pinochle tournaments are held on Wednesday mornings at 9:15. Players must check in no later than 9:00. No advance sign-up is required. The cost is **\$2** and is paid on tournament day.

Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. Line dancing is held on **Tuesday** at **9:30** for all dancers, and **Tuesday** at **2:00** for beginners. The cost is **\$2** and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog.

Birthday Wednesday



Celebrate your birthday on the **first Wednesday** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, or 100 this month—just tell the lunch cashier you've hit a decade!

Happy Hatters

The Happy Hatters are now an independent club. Meetings are held on the **first Thursday** of each month at **12:45** to play BUNCO and on the **3rd Thursday** at **12:45** to play Hand and Foot.



Queen: Madeline Coleman
ladydiamond2012@msn.com

Monday Movie

In honor of May 4 which is Star Wars Day, we will be showing Star Wars movies each Monday in May

Join us on
**Mondays at
 1:00 for a free
 movie and
 popcorn!**



May 1
 A New Hope
 1977 / 121 min



May 8
 The Empire Strikes Back
 1980 / 124 min



May 15
 Return of the Jedi
 1983 / 131 min



May 22
 The Force Awakens
 2015 / 133 min

Exercise Classes

NIA

Monday 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

Strength Conditioning

Monday and Thursday 2:00-3:00

Build muscular strength and endurance, increase your balance, and improve flexibility.

Stretch & Tone

Tuesday and Thursday 9:00-10:00

Stretching increases flexibility, improves balance, and helps with range of motion.

Tai Chi

Tuesday and Thursday 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

Yoga

Wednesday and Friday 10:00-11:00

Yoga is an ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

Zumba

Friday 9:00-10:00

Zumba involves dance and aerobic movements performed to energetic music.

Chair Aerobics (25¢)

Wednesday and Friday
11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.



Exercise Room

The exercise room is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is **\$1 per day, \$5 for the month, or free if you have Silver Sneakers, Silver & Fit, or Heritage Center's Total Fitness Pass.** Ask at the front desk for details.



Exercise Help

The U of U Exercise and Sports Students will be at the Center every **Monday and Friday at 12:30-2:00 beginning Monday, May 22.** *This class is included with the Exercise Room Fee.*

The students teach a balance class that can help you improve your fitness levels, increase your endurance, balance, and stretching abilities.

The students also offer one-on-one help. Sign up for this service in the exercise room.

This program has become one of our most popular classes as participants enjoy improving their fitness skills.

Exercise Class Fees

- \$3 for each class
- \$30 punch pass with 10 punches (no expiration)
- \$10 or \$15 Monthly Fee
- \$30 monthly Total Fitness Pass (includes all exercise classes and use of the exercise room)
- Class fees are **not included** in Silver Sneakers or Silver & Fit benefit

Chakra Meditation

Chakra Meditation with Barbara Battison, Massage Therapist, Energy Body Worker, and Reiki Master.



The meditation class will continue through **Monday, May 8** from **10:30-12:00**. The cost for this eight-week course is **\$20 or \$3 per class**. A new class will begin **Monday, May 15** through **Monday, July 10**. Barbara will present in-depth information about how Chakras and Meditation work. You will learn different ways to take responsibility for your own health. A portion of this class will be spent on meditation and how to activate and keep your Chakras balanced.

Pickleball



Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20'x40' court that limits the amount of mobility required to play the game.

Play Pickleball at the Center every **Monday** from **10:15-12:00** or **Thursday** from **9:00-11:00** in the dining room or on the outdoor courts—weather permitting.

If you are new to the sport, **instructional play** takes place every **Thursday** from **8:00-9:00**.

You can also play at the Murray Park Center (296 E. Murray Park Avenue inside Murray Park on State Street) every Tuesday and Thursday from 8:00-12:00.

Thursday Evenings: Heritage Center is Open Until 10:00 PM

The Heritage Center is open until **10:00 pm** on **Thursday evenings**. Enjoy the computer lab, billiards room, exercise room, or dance to the music of Tony Summerhays.



Evening Social Dance



Dance to the musical genius of Tony Summerhays each **Thursday night** from **7:00-9:30 pm**. Cost of this activity is **\$5** per person. Light refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. Last month our sponsors were Village Inn Murray and West Jordan, Chuck-A-Rama, Tony Summerhays, Dignity Home Health & Hospice, and Legacy.

Brunch Cafe

Please join us in the dining room on **Tuesday, May 9** from **10:00** until **12:00** for our Brunch. You will be able to choose a complete meal or pick à la carte from the menu. One beverage (milk, juice, or coffee) is complimentary with your order. You will meet the cashier in the dining room to fill out your order form and pay. Our kitchen staff will get your order ready and your server will bring it to you at your table. **This brunch is in lieu of lunch that day so be sure to come early.** Please come and enjoy!



Alzheimer's Symposium

We had a wonderful symposium on Tuesday, April 11. If you were unable to attend there are two other related events being sponsored by Salt Lake County Aging Services.

Monday, May 15 — *Making Sense of Alzheimer's* at the SLCO Government Center at **8:30-1:00**. Cost is **\$10**. Call 800-272-3900 to register.

Wednesday, May 31 — *National Senior Health and Fitness Day: Brain Savers Summit* at the Viridian Event Center (8030 South 1825 West) **11:30-4:00**. This is a **free** event. Please ask for a flyer at the Front Desk for event information. Transportation will be provided from the Heritage Center to the Viridian Event Center.

Golf League

Golf tournaments are for those 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play at a pace comparable to the 100+ players who will participate in each tournament.

Fees for each tournament include green fees, electric cart, and prizes. A one time, initial sign-up fee of **\$7** is to be paid in addition to the registration fee for the first tournament played. All tournament fees must be paid at least 10 days before the tournament.

2017 Season Schedule:

5/8	8:30	Valley View *
5/22	8:30	The Ridge
6/12	8:00	Mountain Dell
6/26	8:00	Wasatch

* Scramble



Current Events Discussion Group



The **Sandy Senior Center**, located at 9310 South 1300 East, offers a discussion group focusing on current events and issues of local

importance. These groups are open to anyone and are held every other **Friday** at **10:00 am**. Upcoming discussion topics:

Friday, May 12 — **American Civil Liberties Union:** Danielle Hawkes, A Utah Ambassador and Attorney at Law, will lead in a panel discussion on the most pressing civil liberties to be defended (The Group chose the issues).

Friday, May 26 — **Open Forum:** Looking ahead for possible future guests.

For more information, contact the Sandy Senior Center at 385-468-3410.

Center Trips



...Travel with friends

Bus Trip Reminders



If you are traveling on any of our trips, please park your car **north** of the light pole in our parking lot to free up spaces for the daily patrons of the Center.



Please remember to bring your own water to enjoy on the trip.

For Le Bus chartered bus trips, the trip escort will pass around a "tip jar" to collect tips for the driver.



Wendover

Travel to Wendover on **Thursday, May 11** and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$17** per person and includes transportation, bonus package from the casino, buffet lunch, and free bingo on the bus. Depart the Center at **8:30** and return at approximately **7:00**.

Bus driver tips are to be paid by the participants starting in May.

THE WENDOVER BUS WILL BE PICKING UP PEOPLE AND DROPPING THEM OFF AT THE NORTH END OF OUR PARKING LOT. THIS IS TO FREE UP SPACES (ESPECIALLY HANDICAP) FOR THE DAILY PATRONS OF THE CENTER. THANK YOU!!

Next Wendover Trip: **Thursday, July 13**—The cost will increase to **\$20** per person beginning with the July trip.

Tulip Festival

The Center bus will leave at **12:30** on **Tuesday, May 2** and return about 3:30 for Thanksgiving Point and the annual Tulip Festival. Cost for the trip is **\$20** and includes transportation and ticket to the Tulip Festival. *Register now.*

This trip involves a considerable amount of walking; there are carts you can rent for an additional charge at Thanksgiving Point.

Ethnic and Mining Museum of Magna

On **Thursday, May 18**, the Heritage bus will leave at **11:30** for Magna. First stop will be El Habanero, the finest Mexican restaurant in the valley, where we will have lunch (on your own).

After lunch, we will visit the Ethnic and Mining Museum of Magna. The mission of the Magna Museum is to provide educational opportunities by enriching the lives of patrons through understanding the cultural backgrounds of the diverse groups that came to Utah, and to collect, document, preserve, and accurately interpret and exhibit artifacts relating to the ethnic and mining history of Utah.

Registration begins Wednesday, May 3. The cost is **\$5**.



Tuacahn 2017

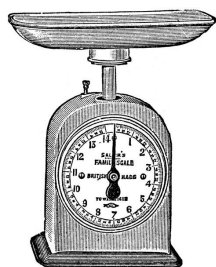
We have a few spots remaining for Tuacahn 2017. A chartered bus will depart from the Heritage Center on **Monday, June 5** and returning on **Thursday, June 8**. The cost is **\$350** per person (double occupancy) and **\$425** (single room). Please call for availability. The full trip cost amount must be received by Monday, May 1 at 4:00 pm.

Golden Spike National Historic Site

On May 10, 1869, the Union and Central Pacific Railroads joined their rails at Promontory Summit, Utah Territory and forged the destiny of a nation. Golden Spike National Historic Site shares the stories of the people and settings that define the completion of the first Transcontinental Railroad.

The Heritage Center bus will visit the Golden Spike National Historic Site on **Tuesday, May 23**. The bus will depart at **10:00**. Cost of the trip is **\$12** and includes a sack lunch. Registration begins Friday, May 5.





May 2017 Lunch Menu

NO RESERVATIONS NEEDED unless it is a **SPECIAL EVENT**

Lunch is served anytime between 11:30 – 12:30

Make your selection and pay when you are ready to eat

Sandwiches or Salads are available as alternatives

Prices range from \$2 - \$4

**Monday****Tuesday****Wednesday****Thursday****Friday**

1 NO LUNCH	2 GUMBO Cornbread Banana Bread	3 ENCHILADAS Spanish Rice Corn Strawberry Poundcake	4 MEATLOAF Party Potatoes Cinnamon Rolls	5 CHICKEN ALFREDO Squash Cherry Pie Bites
8 MOTHER'S DAY HIGH TEA Cost is \$8 Prior Registration Required	9 BRUNCH CAFÉ 10:00 – 12:00 	10 TURKEY POT PIE Mashed Yams Banana Pudding	11 LASAGNA Garlic Knots Strawberry Pretzel Bar	12 MEATBALL SUB Cran-Apple Pasta Salad Boston Crème Poke Cake
15 NO LUNCH	16 CHICKEN KABOBS Rice Dessert Kabobs	17 SMOKED SAUSAGE WITH POTATOES Steamed Cabbage Bread Pudding	18 POT ROAST Side Salad Coffee Cake	19 ALMOND CRUSTED TILAPIA Asparagus Strawberry Lemon Parfait
22 NO LUNCH	23 CHICKEN FRIED CHICKEN Mashed Potatoes With Gravy Crème Brûlée	24 HOMEMADE BACON MAC 'N CHEESE Baked Beans Mint Brownies	25 STROGANOFF Green Beans Red Velvet Bundt Cake	26 BURGERS ON THE PATIO Coleslaw and Chips Raspberry Lemon Bars
29 CLOSED 	30 GARLIC SHRIMP PASTA Salad and Breadstick No-Bake Cheesecake	31 MALIBU CHICKEN Pasta Salad Apple Pie Bites	 <p>Stop by the kitchen and say "Hello" to our kitchen staff:</p> <ul style="list-style-type: none"> ♦ Scott, our new chef ♦ Chris, meals assistant ♦ Annie, dishwasher 	